

# Wolf Pack WARRIOR



Vol. 20, No. 37

8th Fighter Wing, Kunsan Air Base, Republic of Korea

October 21, 2005

## NEWS BRIEFS

### Alcohol-free fun

The 8th Operations Group lounge, the "Vipers Den," invites all members of the Wolf Pack to an alcohol-free evening tonight from 7:30 p.m. to 1 a.m. A free barbecue starts at 7 p.m. and runs until the food is gone. The evening also features pool, spades and domino tournaments.

### Public affairs tour

A public affairs cultural tour is scheduled for Wednesday at the Jeonju Traditional Culture Center.

Wolf Pack members can learn to play Korean instruments, make a traditional Korean meal and watch a classical art performance.

To sign up, contact Mrs. Rosemary Song at 782-5194 or via e-mail at songae.song@kunsan.af.mil.

### NEO exercise

The next courageous channel Noncombatant Evacuation Operation exercise is Oct. 28.

All nonmission-essential active duty family members, DOD civilians, invited contractors, technical representatives and their families are required to participate. The evacuation control center and processing line will be at the Loring Club. The exercise starts at 8 a.m., and the club remains open until everyone is processed. For more information, call the family support center at 782-5644 or 782-5627.

### Temple walking tour

The airmen's support center is offering a Eunjeok Temple and Kunsan Lake walking tour Saturday from 9:30 a.m. to 5 p.m. They will visit Eunjeok Temple and hike around Kunsan reservoir, the downtown area and have lunch at a local restaurant. People should bring about 20,000 won for local bus transportation, lunch and shopping. Registration is required by calling 782-5644 or 782-3771.

### New name

The family support center has been renamed the airmen's support center.

To kick off the name change, an open house is scheduled for Wednesday from 10 a.m. to 1 p.m. in Bldg. 755.



Photo by Senior Airman Joshua DeMotts

## KEEPING FOCUS

Senior Airman Bryan Burgos, 8th Maintenance Squadron, takes part in the basic combat maneuvers training Wednesday. The training run by security forces teaches Airmen the best ways to survive in a hostile enemy environment.

*In this  
week's  
issue ...*



Wolf Pack crosses  
into the blue for UCI

See Page 2



Finding inner peace  
at fitness center

See Page 7



Dance lessons get  
Wolf paws steppin'

See Page 8

## Wolf Weather

### 6-day Forecast

Saturday

Hi/Low  
63/46  
Sunny

Sunday

Hi/Low  
64/46  
Partly cloudy

Monday

Hi/Low  
66/47  
Sunny

Tuesday

Hi/Low  
67/50  
Sunny

Wednesday

Hi/Low  
67/50  
Sunny

Thursday

Hi/Low  
74/58  
Partly cloudy

# Alarm Blue!

## Wolf Pack prepares for UCI

By Col. Chris Chambliss  
8th Fighter Wing vice commander

Be ready for Alarm Blue.

In six short months, you, the men and women of the 8th Fighter Wing will prove you are the best of the best and the most lethal combat ready force in the Pacific as you demonstrate your prowess during the April 2006 PACAF Unit Compliance Inspection.

For those new to the Air Force and Wolf Pack, let me take a minute to explain what a UCI is all about. A team of PACAF inspectors will spend a week here looking over every aspect of the wing's mission. This top to bottom review includes reviewing office files and records, self inspection programs, continuity binders and the other cohesive "glue" that holds the wing together.

The evaluators base their findings on Air Force and PACAF mission performance checklists. In a nutshell, the checklists ask a series of questions each unit needs to truthfully answer and be able to back up with the facts or proof. For example, if the checklist asks, "Does the squadron conduct weekly physical fitness training?" the squadron fitness monitor needs to show the inspector information outlining the unit's fitness program and documentation proving the unit's compliance with the guidance.

Meanwhile, the PACAF inspectors will review our ability to respond to an emergency situation during a Full Spectrum Threat Response exercise, or FSTR.

These crisis scenarios are highly unpredictable, involve a large number of casualties and test the ability of emergency response teams to work together. In light of the terrorist attacks of Sept. 11, 2001, it's become more important than ever to see how well the wing can respond to an emergency and how fast we can resolve it.

The inspectors will judge our overall crisis response based on what they see in this relatively short amount of time.

Here's an important point: A wing that meets the minimum Air Force and command standards will normally walk away from an inspection with an overall "satisfactory" rating. To me, this says the wing does the bare minimum necessary to meet these standards.

I believe this wing is better than

that, and the Wolf Pack will settle for nothing short of working toward an "outstanding" – the highest rating a wing can earn. This is where Alarm Blue comes in. Traditionally, colors are assigned to inspection ratings, red for unsatisfactory, green for satisfactory and so on. Blue is associated with an outstanding rating, and that is what we will drive for here at the Wolf Pack.

The word "earn" is very important to remember. Inspectors are not going to give away high marks because they like us or feel sorry for us. They'll award us these high marks if all of our programs are in order, if everyone has gone to great lengths to make their programs the best they can be, and if everyone in this wing works hard to show the inspectors just how their outstanding programs contribute to the Wolf Pack mission – Defend the Base, Accept Follow-on Forces, Take the Fight North. It's a lofty goal and a

very tough one to reach, but if we work smart and work hard, it's a goal we can meet.

The UCI comes on the heels of a tremendous year for the Wolf Pack. We surpassed the inspector's expectations by posting incredible scores during our Combat Operational Readiness Inspection. I know we'll achieve the same type of results in April '06.

A word of advice: Get started now to get your squadrons and offices ready. Six months may seem like a long time, but April will be here before you know it. Take time out of your day-to-day schedule for some "UCI prep" time. Know where the weaknesses are in your work centers and come up with plans to correct those shortfalls before the inspection. Be sure to follow up on those fixes.

The Wolf Pack is known around the world as the most lethal combat unit in the Air Force. In April, we get to prove it again.

Be ready and think Alarm Blue!



Photo by Staff Sgt. Raymond Mills

**Col. Brian Bishop, 8th Fighter Wing commander, speaks to the Wolf Pack about the importance of thinking Alarm Blue when it comes the Unit Compliance Inspection during his Wolf's call Oct. 14.**

### ACTION LINE

782-2004

[action.line@kunsan.af.mil](mailto:action.line@kunsan.af.mil)



**Col. Brian Bishop**  
Commander, 8th Fighter Wing

*The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.*

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager .....	782-4144
Civ. Personnel Office.....	782-4570
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk .....	782-4944
Legal Assistance .....	782-4283
Military Equal Opportunity .....	782-4055
Military Pay .....	782-5574
Military Personnel Flight .....	782-5276
Medical Patient Advocate .....	782-4014
Network Control Center .....	782-2666
OSI .....	782-4522
Public Affairs .....	782-4705
Sexual assault response .....	782-7252
Telephone Repair .....	119



### LISTEN

Wolf Pack Radio  
**88.5 FM**  
**WEEKDAYS — 5 TO 9 A.M., AND 3 TO 6 P.M.**  
**REQUEST SONGS AT 782-4373 OR**  
**[WWW.AFNKOREA.COM](http://WWW.AFNKOREA.COM)**

### LISTEN

To your leadership  
**EACH FRIDAY**  
**FROM 8 TO 9 A.M.,**  
**ON 88.5 FM**

*Have an interesting story, special hobby or unique job? Tell the Wolf Pack Warrior all about it. Submit story ideas to [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil) or call public affairs at 782-4705*

Vol. 20, No. 37  
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'Defend the Base, Accept Follow-on Forces, Take the Fight North'

#### EDITORIAL STAFF

Col. Brian Bishop .....	Commander, 8th Fighter Wing
Capt. Richard Komurek .....	Chief, public affairs
1st Lt. Brooke Brander .....	Deputy, public affairs
Master Sgt. Brian Orban .....	Superintendent, public affairs
Staff Sgt. Erien Clark-Chasse .....	Chief, internal information
Airman 1st Class Stephen Collier .....	Editor

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**SUBMISSION POLICY:** Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil) and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

**HOW TO REACH US:** People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at [8FW/PA](mailto:8FW/PA), [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil), or by fax at 782-7568.



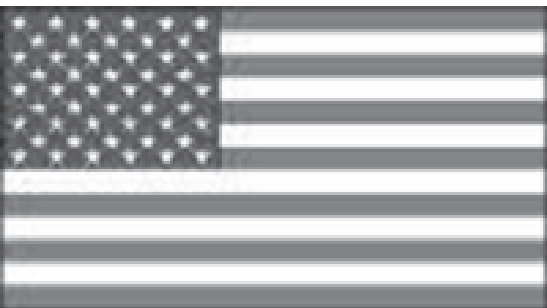
# 80th Operations, Maintenance “buddy up” with ROK Air Force

By Capt. Jennifer Hammerstedt  
80th Aircraft Maintenance Unit

While the rest of the 8th Fighter Wing enjoyed what was left of their Labor Day weekend, 80th Aircraft Maintenance Unit maintainers and 8th Security Forces Squadron personnel left Kunsan Sept. 6 for the Republic of Korea Air Force Junwong Air Base to participate in a 7th Air Force joint training exercise.

The next day, two 80th Fighter Squadron F-16s launched from Kunsan and landed at Jungwon where they remained for a three-day “Buddy Wing” exercise.

Jungwon is northeast of Kunsan near the city of Cheung’Ju and is the ROKAF’s largest base with four squadrons of F-16 C/D aircraft. 80th FS pilots planned to fly several local sorties with the ROKAF pilots on Sept. 8 and 9,



using the 80th AMU maintainers on the ground to launch, recover and service aircraft using host-nation assets and 8th SFS patrols to protect the aircraft and deployed Airmen.

The deployment served as a training opportunity for Air Force pilots to fly with ROKAF pilots and helped foster relations with their Korean hosts and familiarized ground maintenance crews with working in conditions outside of Kunsan said Lt. Col. Steve Langford, 80th FS commander.

“For the maintainers, pilots and cops who made the journey, the deployment was a true adventure,” said Master Sgt. Ken Thorn, the team lead and 80th AMU production superintendent.

“Navigating through and bedding down in parts of Korea where very few people speak English, not to mention working among ROKAF Airmen who do not speak the language, proved extremely challenging but very rewarding,” said Staff Sgt. Brian O’Connor, 80th AMU avionics technician, who was the lead driver of the “Kunsan caravan.”

Ground crews quickly realized the mission had no language barrier and their ROKAF counterparts are fine-tuned and ready to get the mission done said Sgt. Thorn.

No request was too much and no task unsupported; the deployed Airmen couldn’t have asked for better support from their ROKAF counterparts, said Sgt. Thorn.



During the three-day exercise, the jets flew well and didn’t require any extensive maintenance, giving Wolf Pack maintainers some down time to dine with the host unit and take part in some of their daily activities

Even if for only four days, the experience proved 8th Fighter Wing Airmen are ready and capable to pack up the mission, deploy, and execute the very next day.

“The deployment was a complete success,” said Lt. Col. Langford. “The 8th Fighter Wing looks forward to the next time we get to open our base and our flightline to host our ROKAF counterparts.” The 80th FS and 80th AMU routinely support their ROKAF counterparts at Kunsan.



Photo by Senior Airman Joshua DeMotts

## ROCK IN STYLE

Staff Sgt. Dennis Pack of Air Force band Asia plays at the senior NCO induction ceremony Oct. 7. More than 30 Wolf Pack NCOs were inducted during the ceremony.

## Cultural Corner

### Did you know?

South Korea is one of the largest donor countries for cash contributions to Hurricane Katrina relief. As of Sept. 26, South Korea donated \$30 million and came in fourth in terms of cash donations after Kuwait, the United Arab Emirates and Qatar.

In addition, on Oct. 14, the South Korean Ministry of Patriots and Veterans affairs presented a cash donation of 35 million won to the U.S. Embassy in Seoul for Hurricane Katrina victims.

The money was contributed by the employees of the Ministry of Patriots and Veterans Affairs and members of the Korean Veterans Association, the Korea Disabled Veterans Organization and other

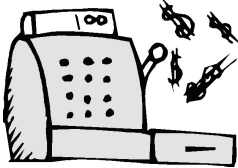
organizations within the ministry.

According to the Republic of Korea government, an estimated 70,000 U.S. Korean War veterans are believed to have lived in Louisiana, Mississippi and Texas, the three states hit hardest by the hurricane.

In addition to cash, South Korea also sent 20 tons of hurricane relief supplies worth \$250,000 to the Dallas Airport via Korean Air on Sept. 15. The supplies, purchased with civilian donations

of cash, consisted of six items including 10 tons of diapers, five tons of plastic sheeting and another five tons of rubber boots and cleaning tools.

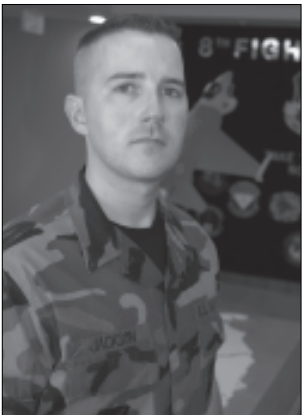
(Information courtesy of the Korean Overseas Information Service.)



## PRIDE OF THE PACK

### Tech. Sgt. Matthew Jackson

**Unit:** 8th Comptroller Squadron  
**Duties:** Noncommissioned officer in charge of financial analysis  
**Hometown:** Philadelphia  
**Follow-on:** RAF Lakenheath, United Kingdom  
**Hobbies:** Playing and watching ice hockey  
**Favorite music:** Rock  
**Last good movie:** “The Lords of Dogtown”  
**Best thing you’ve done here:** “Saw Everclear in concert”



“Sgt. Jackson’s full breadth of financial knowledge and technical skills allowed him to manage Kunsan’s \$98 million budget for three weeks with an office that was under 50 percent manned due to assignment cancellations and emergency situations. From the first day, he began revitalizing our \$52 million flying hour program.

“Through his expert analysis, he was able to accurately predict a \$1.6 million shortfall ... His analysis netted our base the proper support to keep the planes flying. Sgt. Jackson’s expertise is invaluable. [He] was directly responsible for Kunsan having the smoothest [fiscal year] close out in recent history.

“As the financial management contact, his blueprint for fiscal ‘05 close out was executed flawlessly as he led the analysts and resource advisors through several posturing milestones that culminated in the 8th FW ‘internally’ funding over \$3 million of unfunded requirements, affecting everything from projects to quality of life for all Airmen on the base.

— Maj. Gena Stuchbery  
8th Comptroller Squadron commander

## Candle safety

### This month's fire safety tip

By Tech. Sgt. Edgar McNac  
8th Civil Engineer Squadron

Candle safety:  
Although candles and incense are not permitted inside any government facilities, the base fire station would like to supply Wolf Pack members with general guidelines and facts about candle use, especially as people here prepare to go on vacation back to the States.

These tips are aimed at helping keep Air Force families safe.

First, here are a couple of facts about candle use.

- Last year, an estimated 18,000 home fires in the United States were started by candles. These fires killed 130 people, injured 1,350 and caused \$333 million in property loss.

- Candle fires accounted for an estimated five percent of all reported home fires.

- About 40 percent of the home candle and fires started in the bedroom.

- Candle fires have more than tripled since the low of 5,500 in 1990.

- December has almost twice the number of candle fires of any average month.

- Half of candle fires occur when some form of combustible material is left near the candle.

- Eighteen percent of fires started after candles were left unattended, abandoned or inadequately controlled.

- Five percent are started by people (usually children) playing with the candle.

- Falling asleep is a factor in 12 percent of candle fires and 25 percent of the candle fire deaths.

- Christmas Day is the peak day of the year these types of candle fires.

Remember the use of Candles or incense here on Kunsan is not allowed, and those caught will face administrative actions.



**For more information about fire safety call the fire department at 782-4471.**

## Wolf Pack can help OSI

By Special Agent Rosa Schell  
Office of Special Investigations

The Air Force Office of Special Investigations reminds The Wolf Pack to utilize the Eagles Eyes program.

This program aims to prevent terrorism by encouraging and enabling Air Force members and civilians to report terrorist planning activities they observe. The program also features processes for rapid follow-up investigations and information sharing to other echelons of command and other law-enforcement agencies as appropriate.

AFOSI has identified seven categories of suspicious activities that warrant reporting:

**Surveillance:** Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.

**Elicitation:** People or organizations attempting to gain information about operations, capabilities or people. Attempts may be made by mail, fax, telephone or in person.

**Tests of security:** Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

**Acquiring supplies:** Purchasing or stealing explosives, weapons, ammunition, this also includes acquiring military uniforms, decals, manuals, passes or badges (or the equipment to manufacture controlled items)

**Suspicious people out of place:**

People who don't seem to belong in the workplace, neighborhood, or local business establishments. Includes suspicious border crossings and stowaways aboard ship or people jumping ship in port.

**Dry run:** Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

**Deploying assets:** People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

No matter how well trained and vigilant, law enforcement officials simply cannot be everywhere. Wolf Pack eyes and ears can be an enormous help in preventing terrorism. After all, local people know best what activities do – or do not – belong in and around installation.

Law enforcement personnel cannot be everywhere, so we rely on Wolf Pack help when it comes to reporting suspicious activity. Wolf Pack inputs are immediately shared with appropriate law enforcement agencies and military commanders for rapid assessment and investigation as necessary. Wolf Pack are encouraged to stay alert to your surroundings, whether on base or off. Be on the lookout for suspicious activities at all times. Anyone who observes suspicious activities should call the security forces law enforcement desk at 782-4944 or AFOSI at 782-4500.

## Dozen Wolf Pack members get Articles 15

By Staff Sergeant Travis Gale  
8th Fighter Wing Legal Office

- A first lieutenant from the 8th Security Forces Squadron received Article 15 punishment for conduct unbecoming an officer and a gentleman, violation of Article 133, UCMJ.

His commander imposed the following punishment: Forfeiture of \$500 a month for two months and a reprimand.

- A master sergeant from the 8th Maintenance Squadron received Article 15 punishment for resisting apprehension, assault and drunk and disorderly, violations of Articles 95, 128 and 134, UCMJ.

His commander imposed the following punishment: Suspended reduction to technical sergeant, forfeiture of \$1,444 per month for two months, restriction to base for 30 days and a reprimand.

- A staff sergeant from the 8th Civil Engineer Squadron received Article 15 punishment for dereliction of duty, violation of Article 92, UCMJ.

His commander imposed the following punishment: Suspended reduction to the rank of senior airman and 30 days restriction to base.

- A staff sergeant from the 8th Maintenance Operations Squadron received Article 15 punishment for damage to military property, violation of Article 108, UCMJ.

His commander imposed the following punishment: Forfeiture of \$500.

- A senior airman from the 8th Maintenance

Squadron received Article 15 punishment for destruction of nonmilitary property and drunk and disorderly, violations of Articles 109 and 134, UCMJ.

His commander imposed the following punishment: Suspended reduction to airman first class, suspended forfeiture of \$250 for two months, restriction to base for 30 days, 30 days extra duty and a reprimand.

- A senior airman from the 8th Aircraft Maintenance Squadron received Article 15 punishment for failure to go, violation of Article 86, UCMJ.

His commander imposed the following punishment: Suspended reduction to the rank of airman first class, forfeiture of \$350 and a reprimand.

- A senior airman from the 8th Aircraft Maintenance Squadron received Article 15 punishment for disrespect to superior noncommissioned officer, assault and drunk and disorderly, violations of Article 91, 128, and 134, UCMJ.

His commander imposed the following punishment: Reduction to the rank of airman first class, forfeiture of \$200, restriction to base for 28 days and a reprimand.

- An airman first class from the 8th Expeditionary Fighter Squadron received Article 15 punishment for disrespect to a superior officer, violation of Article 89, UCMJ.

His commander imposed the following punishment: Reduction to the rank of airman and a reprimand.

- An airman first class from the 8th Maintenance Squadron received Article 15 punishment for dereliction of duty, violation of Article 92, UCMJ.

His commander imposed the following punishment: Suspended reduction to airman, forfeiture of \$250 for two months, 30 days extra duty, restriction to base for 30 days and a reprimand.

- An airman first class from the 8th Civil Engineer Squadron received Article 15 punishment for dereliction of duty, violation of Article 92, UCMJ.

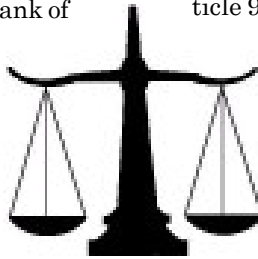
Her commander imposed the following punishment: 22 days restriction to base.

- An airman first class from the 8th Security Forces Squadron received Article 15 punishment for dereliction of duty, violation of Article 92, UCMJ.

His commander imposed the following punishment: Forfeiture of \$100, 20 days extra duty and a reprimand.

- An airman from the 8th Security Forces Squadron received Article 15 punishment for sleeping on post, violation of Article 113, UCMJ.

His commander imposed the following punishment: Suspended reduction to the rank of airman basic, forfeiture of \$200, 14 days extra duty and a reprimand.





# Training keeps Wolf Pack occupied

Wolves hunt  
knowledge,  
experience



A Wolf Pack member practices running with a weapon while wearing additional gear.



Photos by Senior Airman Joshua DeMotts

Tech. Sgt. Ian Sabio, 8th Mission Support Squadron; Senior Airman Michael Allanson, 8th Maintenance Squadron; and Senior Airman Robert Turner, 8th Logistics Readiness Squadron, confer during the basic combat maneuvers training Wednesday.



Senior Airman Scott Bradshaw, 8th Communications Squadron, shows the old adage "the mail must go through" even while an exercise goes on.



Chief Master Sgt. James Palmer, 8th Security Forces Squadron, listens to Staff Sgt. Roal Martinez, 8th LRS, review what could be done better with his maneuvers. Chief Plamer taught the training.



Participants of the basic combat maneuvers training practice laying flat as possible.



TODAY

**Financial seminar** — The Family Support Center’s weekly personal financial management briefing starts at 3 p.m. in Bldg. 755, room 215. It’s geared for those in the E-1 to E-4 pay grades. No registration required.  
**Karaoke night** — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 p.m.  
**Club events** — The Loring Club’s super social hour starts at 6 p.m.

SATURDAY

**Karaoke night** — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 a.m.

SUNDAY

**Bingo day** — Bingo action starts at 2 p.m. at the Loring Club with the early bird game beginning at 1:45 p.m.  
**Sunday brunch** — The Loring Club serves Sunday brunch from 10:30 a.m. to 1 p.m.  
**Dollar days** — People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowling Center.

MONDAY

**Pool tourney** — The Loring Club’s nine-ball pool tournament starts at 7 p.m.  
**Pizza special** — The Loring Club serves 50-cent pizza slices from 6 to 8 p.m.  
**Yellow Sea Bowling Center** — Bowl for 50 cents per game with 50-cent shoe rental from 11 a.m. to 11 p.m.  
**Movie madness** — The Falcon Community Center’s triple movie madness night starts at 7 p.m.

FREE CLASSIFIEDS

**AA MEETING** — Kunsan’s Alcoholics Anonymous chapter meets from 7 to 8 p.m. Wednesdays in the coffee house area of the Sonlight Inn. For details, call 782-4300.  
**WANTED** — Looking for top-notch, experienced electric guitarist with own equipment that can rock hard and open to play with prof bassist/arranger, vocalist and drummer. Need experienced only; no closet guitarist. Music is very diverse — rock, alt, jazz, heavy, etc. If you’re absolutely sure you can hang, e-mail usaf1988@earthlink.net or call 782-8915.  
**FOR SALE** — Blades, Schick Quattro 4-pack blades, \$5 per pack. For details, call Chris Tuggle at 782-7492.

CHAPEL SERVICES  
CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday  
Weekend Mass — 9 a.m. and 8 p.m. Sundays  
Reconciliation — Weekdays by appointment, 4:30 p.m. Saturday, 8 a.m. Sunday  
R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

General worship — 11 a.m. Sunday  
Contemporary praise and worship — 6 p.m. Sunday  
Gospel service — 1 p.m. Sunday  
Inspirational praise and worship service — 7:30 p.m. Friday

LATTER-DAY SAINTS SERVICES

Weekly service — 3:30 p.m. Sunday

SONLIGHT INN HOURS

6 to 10 p.m. Sunday through Thursday, 6 p.m. to midnight Friday, 6:30 a.m. to midnight Saturday.

TUESDAY

**Football frenzy** — The Loring Club’s football frenzy begins at 7 p.m.  
**Cooking class** — The Family Support Center offers a Korean cooking class from 11:30 a.m. to 1 p.m. at the Sonlight Inn. To register, call 782-5644 or 782-5627.  
**Yellow Sea Bowling Center** — Ladies bowl for free starting at 6:30 p.m.

WEDNESDAY

**Social time** — The Loring Club’s super social hour begins at 6 p.m.  
**Reunion briefing** — The Family Support Center’s return and reunion briefing starts at 3 p.m. in the Health and Wellness Center classroom at the Wolf Pack Fitness Center. This mandatory briefing addresses challenges of challenges facing single and married military members preparing to return to their families.  
**Yellow Sea Bowling Center** — Bowl for 75 cents per game.  
**Karaoke night** — The Falcon Community Center’s karaoke night runs from 8 p.m. to midnight.

THURSDAY

**Korean language class** — The Family Support Center’s basic Korean language class runs from 10 a.m. to noon at Bldg. 755, Room 215. This class includes reading and writing the Korean alphabet as well as basic travel expressions for shopping, dining and using off-base transportation. To register, call 782-5644 or 782-5627.  
**Orphanage visit** — The Family Support Center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m. The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772.  
**Foosball tourney** — The Falcon Community Center’s foosball tournament begins at 7 p.m.  
**Dollar day** — Bowl for \$1 per game at the Yellow Sea Bowling Center.

UP ‘N’ COMING

**Transition assistance workshop** — The Family Support Center holds its next three-day transition assistance program workshop Nov. 21 to 23 in Bldg. 1051, room 1. The workshop helps prepare military members and their families to transition to civilian life. Topics include transferring skills to civilian jobs, job search strategies, resume writing, interview procedures and veterans’ benefits. Reservations are required. For details, call the center at 782-5644.  
**Outdoor Rec. events** — Outdoor Recreation hosts a mountain biking trip to Mt. Bomun Oct. 29. For details, call 782-4938.

*To submit events for 7-Days, send an e-mail to WolfPack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location or the event and the contact’s daytime phone number. For more information, call 782-4705.*

AT THE MOVIES

“THE SKELETON KEY”

**Rating:** PG-13 for violence, disturbing images, nudity and thematic material  
**Starting:** Kate Hudson and Gena Rowlands  
**Synopsis:** A hospice worker takes a job caring for a bed-ridden stroke victim. Suspicious of the house and its residents, she discovers a secret room containing spells and other instruments for practicing voodoo.  
**Show times:** 7 and 9:30 p.m. today

“UNDISCOVERD”

**Rating:** PG-13 for sexual dialogue, nudity and drug content  
**Staring:** Pell James and Steven Strait  
**Synopsis:** A New York model falls in love with a struggling musician when they cross paths on a train. Having achieved success as a model, she decides to move to L.A. to launch an acting career. While out on the town discovering the music scene, she again crosses paths with the struggling musician. She decides to help him and creates some L.A. style hype to get him noticed. As his profile rises, so do the demands of his career and they discover the price of fame is higher than expected.  
**Show times:** 7 and 9:30 p.m. Saturday

“BAD NEWS BEARS”

**Rating:** PG-13 for rude behavior, language and thematic elements  
**Staring:** Morris, a former pro baseball player, was ejected from the game for attacking an umpire and now works as an exterminator. Morris is lured back into the game by an attorney whose class action suit forced the little league to accept all players. Initially, he only wants the paycheck, but he and his players transform one another in a wholly unexpected and completely remarkable way.  
**Show times:** 6 and 8:30 p.m. Sunday

“THE 40-YEAR OLD VIRGIN”

**Rating:** R for sexual content, language and drug use  
**Staring:** Steve Carell and Catherine Keener  
**Synopsis:** 40-year-old Andy has done quite a few things in his life. He’s got a cushy job stamping invoices at an electronics superstore, a nice apartment, good friends and a nice attitude, but Andy’s never had sex. His friends at the store consider it their duty to help, but nothing proves effective enough until he meets Trish, a 40-year-old mother of three. Andy’s friends are psyched by the possibility that “it” may finally happen ... until they hear that Andy and Trish began their relationship based on a mutual no-sex policy.  
**Show time:** 8 p.m. Thursday

WOLF PACK WHEELS SCHEDULE  
INCHEON INTERNATIONAL AIRPORT SHUTTLE

**Available daily** — Leaves Kunsan at 3:30 and 8 a.m. and 1:30 and 6 p.m. and leaves Incheon at 8:30 a.m. and 1, 7:30 and 11 p.m. from Gate 11 at the airport. One-way tickets are \$27.50 or \$25 for Airman morale program members.

OSAN AIR BASE SHUTTLE

**Monday to Thursday** — Leaves Kunsan at 7:30 a.m. and 1 p.m. Leaves Osan at noon and 6 p.m.  
**Friday** — Leaves Kunsan at 7:30 a.m. and 1 and 6 p.m. Leaves Osan at noon and 10 p.m.  
**Saturday** — Leaves Kunsan at 7:30 and 10 a.m. Leaves Osan at noon and 4 p.m.  
**Sunday** — Leaves Kunsan at 7:30 a.m. and noon. Leaves Osan at noon and 5 p.m.  
One-way tickets are \$12.50 for general Wolf Pack members or \$11.50 for Airman morale program members. Round trip tickets are \$25 or \$23 for Airman morale program members.

E-MART SHUTTLE

**Saturday and Sunday** — Leaves Kunsan at 10 a.m., noon and 2, 4 and 6 p.m. and leaves the E-Mart at 11 a.m. and 1, 3, 5 and 6:30 p.m. Round trip tickets are \$5.

DOWNTOWN SHUTTLE

**Fridays and Saturdays** — Leaves base at 7 and 8 p.m. and leaves downtown Kunsan City at 11 p.m. and midnight. One-way tickets are \$3, and round-trip fare is \$5.

# Flexibility, strength keep Wolf Pack fit to fight

By 1st Lt. Brooke Brander  
8th Fighter Wing public affairs

Fit to fight is today’s Air Force. Some reach that goal through competitive sports, others through individual activities such as running, and still others choose less traditional activities such as yoga and Pilates.

Yoga and Pilates each have their benefits for the practitioner to include increasing strength, flexibility and stress relief.

The practice of yoga is believed to be more than 2000 years old.

The Indian sage Patanjali collected the practice of yoga into the *Yoga Sutra*, collecting 195 statements that serve as the guide for most yoga practiced today.

The word yoga itself comes from the Sanskrit word *yuj* which means to “yok,” and is often interpreted as “union” or a method of discipline that brings one’s mind, breath and movement together.

There are a number of forms of yoga an individual can practice, and all forms focus on a practitioner’s ability to move into and hold different body postures while focusing on one’s breathing and body alignment.

A male practitioner is referred to as a “yogi” while a female practitioner is a “yogini.”

Yoga will increase a practitioner’s strength, flexibility and balance. Like any workout routine, yoga is best when done regularly and consistently.

Like yoga, Pilates focuses on increasing flexibility in its practitioners.



Photo by Senior Airman Joshua DeMotts  
Staff Sgt. Molly Wakefield, 8th Aircraft Maintenance Squadron, practices her Yoga Monday at the gym.

In addition to flexibility Pilates also develops an individual’s body awareness and improves one’s posture.

Benefits of practicing Pilates include creating a balance between one’s strength and flexibility, improved muscle conditioning, stress relief and improved posture.

Pilates were created by Joseph Pilates in the early 1900s. Pilates was born in Düsseldorf, Germany, in 1880. In 1912, he lived in England working as a circus performer, boxer and self-defense instructor.

When World War I began, Pilates was interned in England along with other German nationals. While interned he further developed what we know today as the exercise form

Pilates by creating a technique of physical fitness designed for confined spaces and taught it to his fellow internees.

Pilates came to the United States in the early 1920s and brought his physical fitness technique to New York City. The “Pilates Method,” became very popular with dancers, needing to be both strong and flexible.

No matter one’s preferred form of exercise and physical fitness, there are a number of avenues, both traditional and non-traditional, to ensure every Air Force member is always “fit to fight.” **(Information complied from [yogajournal.com](http://yogajournal.com), and [pilatesfoundation.com](http://pilatesfoundation.com))**



## JUMP SHOTS

Members of the Kunsan basketball team recently played the Osan basketball team at Osan.



Photos by Senior Airman Joshua Garcia

## STANDINGS

As of Wednesday

### INTRAMURAL FOOTBALL

#### AMERICAN LEAGUE

TEAM	W	L
Ammo	4	2
Wizards	4	3
Loggies	3	3
Comm	4	4
Cobras	3	3
Red Devils	2	3
Defenders	3	5

#### Oct. 12 game results

Comm 7, Defenders 0  
Wizards 27, Red Devils 26  
Loggies 12, Cobras 6

#### Monday’s game results

Red Devils 28, Comm 12  
Defenders 19, Cobras 13  
Ammo 26, Wizards 6

#### Upcoming games

##### Monday

5:30 p.m. — Wizards vs. Defenders  
6:30 p.m. — Ammo vs. Comm  
7:30 p.m. — Red Devils vs. Loggies

##### Wednesday

5:30 p.m. — Loggies vs. Ammo  
6:30 p.m. — Cobras vs. Wizards  
7:30 p.m. — Defenders vs. Red Devils

##### Oct. 31

5:30 p.m. — Red Devils vs. Cobras  
6:30 p.m. — Ammo vs. Defenders  
7:30 p.m. — Loggies vs. Comm  
End of regular season

#### NATIONAL LEAGUE

TEAM	W	L
Services	6	1
Med Dawgs	4	1
Dragons	4	1
Juvats	4	2
Egress	1	5
Cold Steel	1	5
Knights	1	6

#### Oct. 13 game results

Knights 13, Egress 6  
Dragons 27, Cold Steel 6  
Services 21, Juvats 12

#### Upcoming games

##### Tuesday

5:30 p.m. — Med Dawgs vs. Dragons  
6:30 p.m. — Knights vs. Cold Steel  
7:30 p.m. — Egress vs. Juvats

##### Thursday

5:30 p.m. — Dragons vs. Egress  
6:30 p.m. — Med Dawgs vs. Services  
7:30 p.m. — Juvats vs. Knights  
End of regular season

### FALL SOFTBALL

#### EXTRAMURAL LEAGUE

TEAM	W	L
Cobras	1	0
Slayers	1	0
8th MXS	0	0
Loggies	0	0
Cops	0	1
Red Devils	0	1

#### Upcoming games

##### Wednesday

5:30 p.m. — 8th MXS vs. Loggies  
6:30 p.m. — Cops vs. Slayers  
7:30 p.m. — Red Devils vs. Cobras

##### Thursday

5:30 p.m. — Loggies vs. Cops  
6:30 p.m. — Slayers vs. Red Devils  
7:30 p.m. — Cobras vs. 8th MXS

##### Nov. 2

5:30 p.m. — Red Devils vs. Loggies  
6:30 p.m. — Cops vs. 8th MXS  
7:30 p.m. — Slayers vs. Cobras

##### Nov. 3

5:30 p.m. — Loggies vs. Slayers  
6:30 p.m. — 8th MXS vs. Red Devils  
7:30 p.m. — Cobras vs. Cops  
End of regular season

Game schedules are subject to change without notice.



## Free dance lessons

# Bring out swing-step across Wolf Pack

By Staff Sgt. Erien Clark-Chasse  
8th Fighter Wing public affairs

In pairs and alone, they step, swing and stomp in time to the music. Sometimes they stop and look for guidance but are soon back in step.

This is the scene Saturdays at 7 p.m. in the Loring Club where free dance lessons are offered to Wolf Pack members.

Dances taught include basic two-step and country swing as well as several line dances, or those dances done without a partner in rows.

Senior Airman Tammi Sabillo, 8th Medical Group, teaches the lessons in conjunction with Senior Airman Casey Locklar, 35th Aircraft Maintenance Unit, who is one of the country night disc jockeys.

"I have been dancing since I was about six. My best friend and his



Photos by Staff Sgt. Raymond Mills

**Wolf Pack members learn the steps of the *Copper Head Road* line dance. Line dances in addition to couples dancing are taught at the Loring Club Saturdays at 7 p.m.**

mother taught me," said Airman Locklar. "Dancing lets me relax and just have fun. It is also a good way to get my mind off work and get out and meet different people from the base."

"I never knew how to dance until I got here. After I picked it up, it became one of my favorite things to do," said Airman

Sabillo. "I love to dance and I love to teach, so I get to do two of my favorite things at once."

Those who take lessons get to the club at 7 p.m. and get more than one and a half hours of instruction based around what they want to learn.

"I try to teach what people want to learn. I start off by showing them the dance first, then I take them through the steps by counts. I call out the steps as they are being performed," said Airman Sabillo. "Sometimes I work individually with people if they need help with their steps. Once everyone thinks they have got it, we dance with the music a few times until everyone is ready to move on to the next dance."

This leads students into the busier part of the evening when they can practice their new skills with people at the club.

"It is important to dance with different people because everyone has their own style, posture and spinning movements. I think it makes a person dance better to experience different steps and styles.

The dancing is also a bit of a workout for those who have never done it.

"When I first started dancing, the outside of my thighs and my calves would be sore the next morning.



**Couples make use of the dance floor Saturday night. It is recommended that new dancers learn to dance with different people to better understand different styles, postures and spinning movements.**

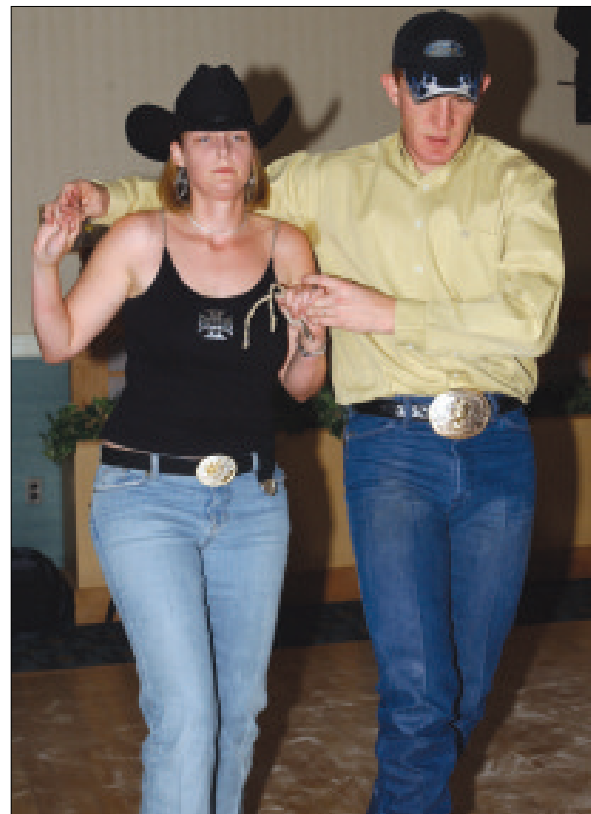
Now that I have gotten used to it, it helps me keep my legs in shape," Airman Sabillo said. "Dancing is also a good cardio workout, especially a really fast-paced country swing.

Those interested in learning these steps should try and bring a smooth bottom pair of shoes because it makes the sliding a little easier. The teachers also offered a piece of advice.

"It's a little harder than it looks. However, it is also easy to learn and really fun to do when you do learn it," said Airman Locklar.

"Once you learn the steps, it's easy and so much fun," Airman Sabillo said.

So, those who always wanted to learn to dance should step, step and slide their way into the Loring Club Saturdays and bring home a new skill along with a few new memories of Kunsan.



**Senior Airman Vonda Matthews and partner dance side by side in *Neon Moon*.**



**Senior Airman Casey Locklar, 35th Aircraft Maintenance Unit, spins out Senior Airman Tammi Sabillo, 8th Medical Group, Saturday.**

**Lessons are Saturdays at 7 p.m. in the Loring Club.**